

MINDFUL MOTIONS

SITTING MOTIONS

Lead the client(s) in doing various movements while seated.

- Put your hands down to your side. Take a breath in and raise your arms out to the side and straight up over your head. Now breathe out gently like blowing a bubble while lowering your arms back to your side. Repeat four times.
- Place your feet flat on the floor. Now breathe in and raise your feet straight out in front of you. Slowly breathe out and lower your feet to the floor. Repeat four times.
- Take a deep breath in and straighten your neck like a string is pulling your head up to the ceiling. Now blow out gently and lower your chin down to your chest. Repeat four times.

STANDING MOTIONS

Stand up and lead the client(s) in these motions.

- Place both arms at your side. Breathe in slowly and raise your left arm up in front of you until it is level with your shoulders. Blow out gently and lower it back down. Repeat four times.
- Place your hands on your hips, lean forward, breathe in and circle to the right all the way around. Now breathe out and circle to the left all the way around. Repeat four times.
- Breathe in and raise your right foot out in front of you while pointing your toe. Blow out gently and lower your foot. Breathe in and raise your left foot out in front of you with a pointed toe. Blow out gently and lower your foot. Repeat four times.